

University of Pretoria Yearbook 2025

Exercise and nutrition science 331 (FLG 331)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	18.00
NQF Level	07
Programmes	BSc in Biochemistry BSc in Human Genetics BSc in Human Physiology BSc in Human Physiology 4-year programme BSc in Human Physiology, Genetics and Psychology BSc in Medical Sciences
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	BCM 251 GS, BCM 252 GS, BCM 257 GS, FLG 221 GS and FLG 222 GS
Contact time	2 lectures per week, 1 practical per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 2

Module content

Mechanisms of muscle contraction and energy sources. Cardio-respiratory changes, thermo-regulation and other adjustments during exercise. Use and misuse of substances to improve performance. Practical work: Applied practical work with exercise descriptions for the South African context taught within the framework of the UN Sustainable Development Goal 3 (Good Health and Well-being).

General Academic Regulations and Student Rules

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations. The G Regulations are updated annually and

may be amended after the publication of this information.

Regulations, degree requirements and information

The faculty regulations, information on and requirements for the degrees published here are subject to change and may be amended after the publication of this information.

University of Pretoria Programme Qualification Mix (PQM) verification project

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQSF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.